

Cobb Salad



SERVINGS: 1

PREPPING TIME: 5 MIN COOKING TIME: 20 - 25 MIN
(TIME TO COOK CHICKEN,
BACON, AND EGGS)

INGREDIENTS

- 2 cups mixed greens
- 1 hard boiled egg, quartered
- 2 slices cooked bacon, crumbled
- 2 oz cooked chicken breast, sliced
- 1 handful cherry tomatoes, chopped
- 1/8 small red onion, sliced
- 1/2 tbsp olive oil
- Lemon juice to taste
- Salt and pepper to taste

DIRECTIONS

1. Mix all ingredients together and enjoy! (May use Primal Kitchen dressing in place of olive oil, lemon juice, and salt and pepper if desired)

NUTRITION INFO

Calories: 376, Carbohydrate: 8 grams, Protein: 37 grams, Fat: 21 grams